

NN-1049

# B-160

ASSEMBLY INSTRUCTIONS

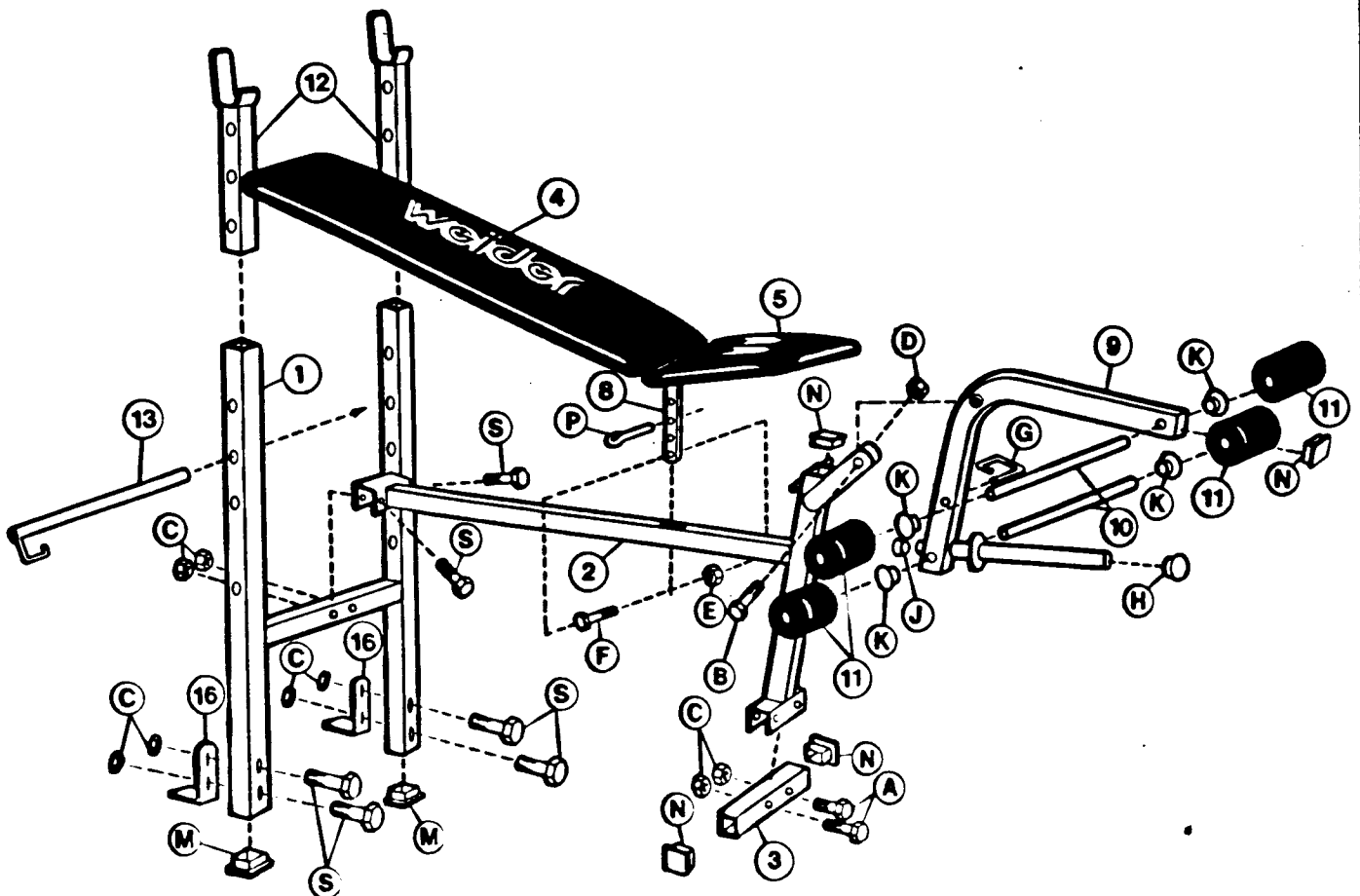
● REPLACEMENT PARTS

**weider®**

**WEIDER HEALTH AND FITNESS**  
21100 ERWIN STREET, WOODLAND HILLS, CALIFORNIA, U.S.A. 91367

## TABLE OF CONTENTS

	PAGE
DIAGRAM	1
PARTS LIST	2
REPAIR PARTS AND SERVICE	2
STEP1 FRAME ASSEMBLY	3
STEP2 BACKREST & SEAT PREPARATION	3
STEP3 CONNECTING SEAT TO MAIN FRAME	4
STEP4 REPL. OF SHORT ANGLE IRON	4
STEP5 LEG CURL ASSEMBLY	5
STEP6 ADJ UPRIGHTS & LOCKING PIN	5
ARM CURL	6



**B160****PARTS LIST**

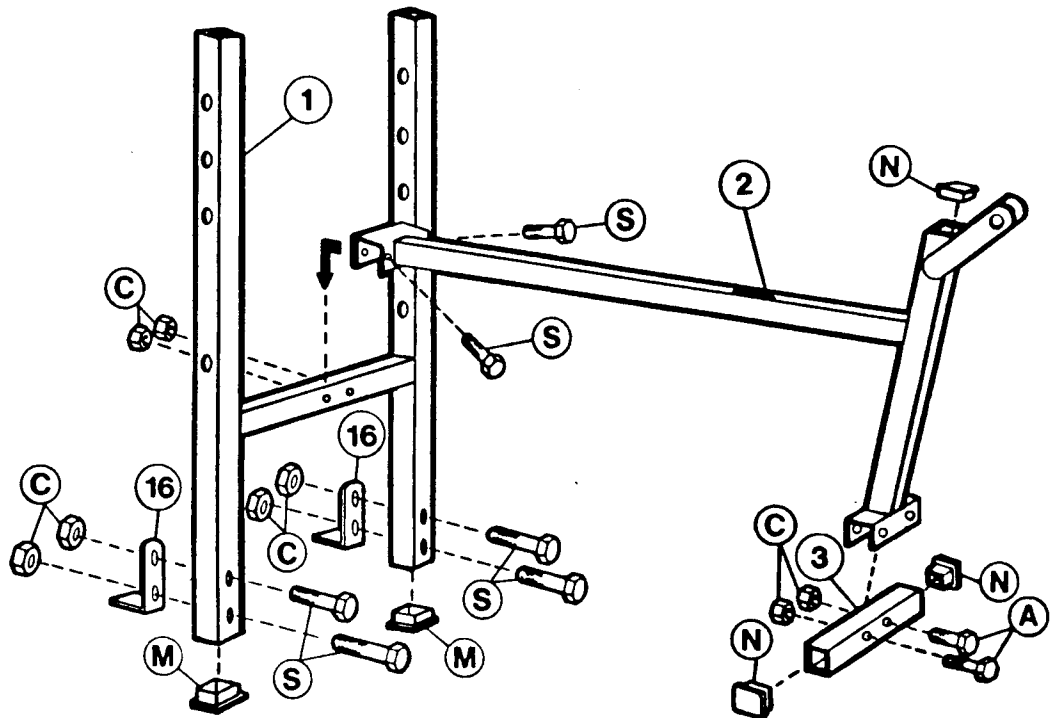
DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NUMBER
1	UPRIGHT	1	CA22-0229
2	MAIN FRAME	1	CA22-0161
3	FRONT SUPPORT	1	CA22-0162
4	BACKREST	1	CA22-0341
5	SEAT	1	CA22-0342
6	LONG ANGLE IRON	2	CA22-6108
7	SHORT ANGLE IRON	2	CA22-6109
8	SEAT ADJ "T"	1	CA22-6111
9	LEG CURL	1	CA22-0163
10	PAD BAR	2	CA22-6110
11	FOAM PAD	4	CA01-0400
12	ADJUSTABLE UPRIGHT	2	CA22-0230
13	BACKREST ADJ BAR	1	CA06-6054
14	PAD SUPPORT	1	CA22-6122
15	ARM CURL PAD	1	CA22-0351
16	L-BRACKET	2	CA22-6125
	HARDWARE BAG	1	CA22-5794
A	5/16"-18 x 2 1/4" HEX HEAD BOLT	2	HH-5199
B	3/8"-16 x 2 1/2" HEX HEAD BOLT	1	HH-5018
C	5/16"-18 LOCK NUT	8	HH-5012
D	3/8"-16 LOCK NUT	1	HH-5013
E	1/4"-20 LOCK NUT	1	HH-5011
F	1/4"-20 x 3/4" HEX HEAD BOLT	1	HH-5032
G	LOCKING PIN	1	WW-7012
H	1" ROUND PLASTIC CAP	1	AA-8005
J	1" ROUND COVER CAP	1	AA-8070
K	3/4" ROUND PLASTIC CAP	4	AA-8004
M	2" SQUARE PLASTIC CAP	2	AA-8002
N	1 1/2" SQUARE PLASTIC CAP	4	AA-8001
P	EYELET PIN	2	WW-7005
R	1/4"-20 x 3/4" MACHINE SCREW	8	HH-5022
S	5/16"-18 x 2 1/2" HEX HEAD BOLT	6	HH-5053
	UPRIGHT DECAL	2	DE-4041
	INSTRUCTION MANUAL	1	CNN-1049

**REPAIR PARTS AND SERVICE**

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

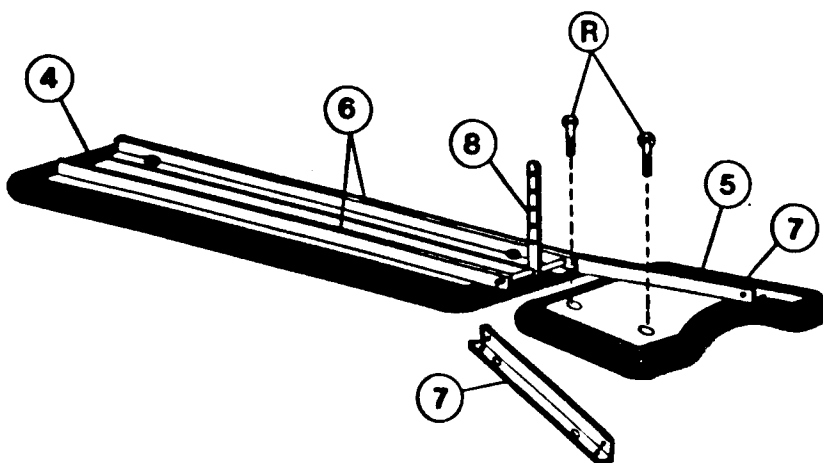
IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OR A MISSING PART, WRITE THE ABOVE ADDRESS OR FOR FASTER SERVICE, PHONE CUSTOMER SERVICE AT 1-800-225-0653.

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:  
 ● MODEL NUMBER                      ● NAME OF PART                      ● ORDERING NUMBER



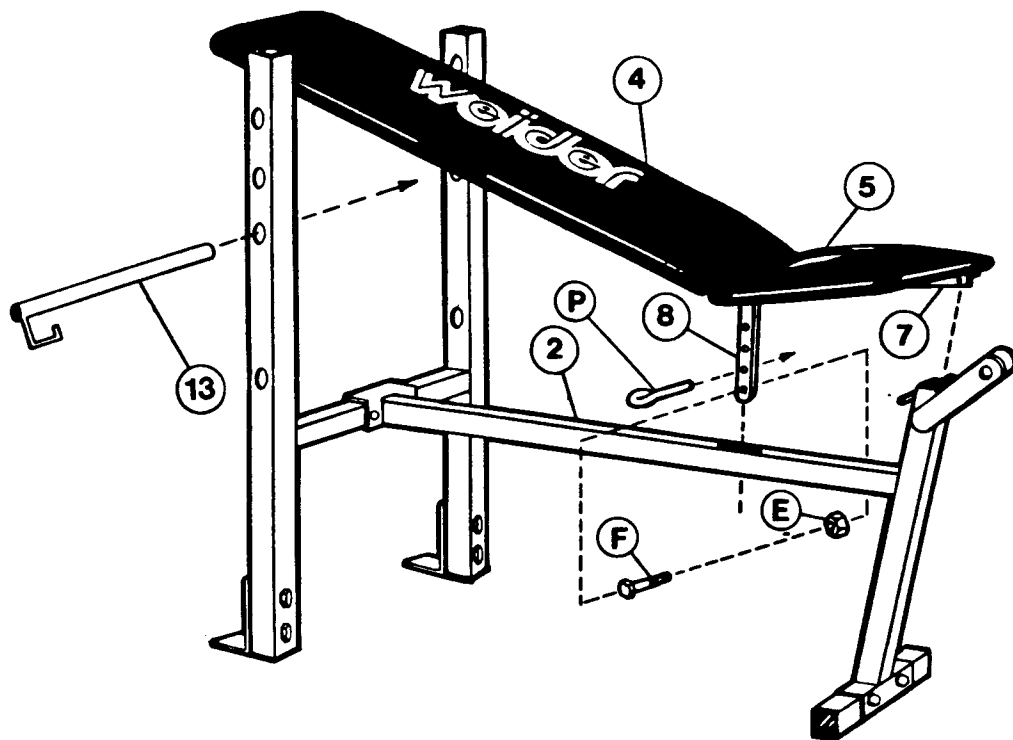
### STEP 1 - FRAME ASSEMBLY

Insert 2 SQUARE PLASTIC CAPS (M) into base of UPRIGHTS (1). Align bolt holes on L-BRACKETS (16) with bolt holes on UPRIGHT (1). Secure each L-BRACKET (16) with 2 HEX HEAD BOLTS (S) and 2 LOCK NUTS (C). Stand UPRIGHTS (1) into proper position while preparing the rest of the frame. Align bolt holes of Main Frame Lower Bracket with bolt holes on FRONT SUPPORT (3). Join the two pieces with 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (C). Lower Main Frame Upper Bracket over cross-member on UPRIGHTS (1) and align bolt holes. Secure with 2 HEX HEAD BOLTS (S) and 2 LOCK NUTS (C). Tighten all bolts. Insert 2 PLASTIC CAPS (N) into both ends of FRONT SUPPORT (3). Insert 1 PLASTIC CAP (N) into top of MAIN FRAME (2).



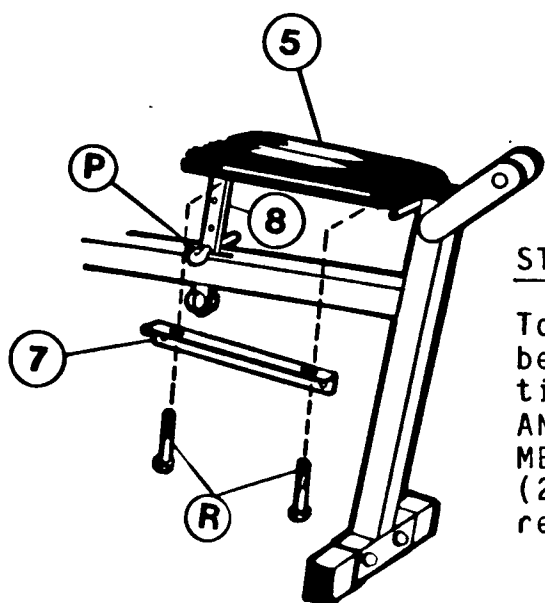
### SEAT 2 - BACKREST & SEAT PREPARATION

Turn assembled Backrest and Seat over to expose work area. Remove 2 MACHINE SCREWS (R) from Seat and remove 1 SHORT ANGLE IRON (7). This preparation must be done in order to connect Seat to Main Frame.



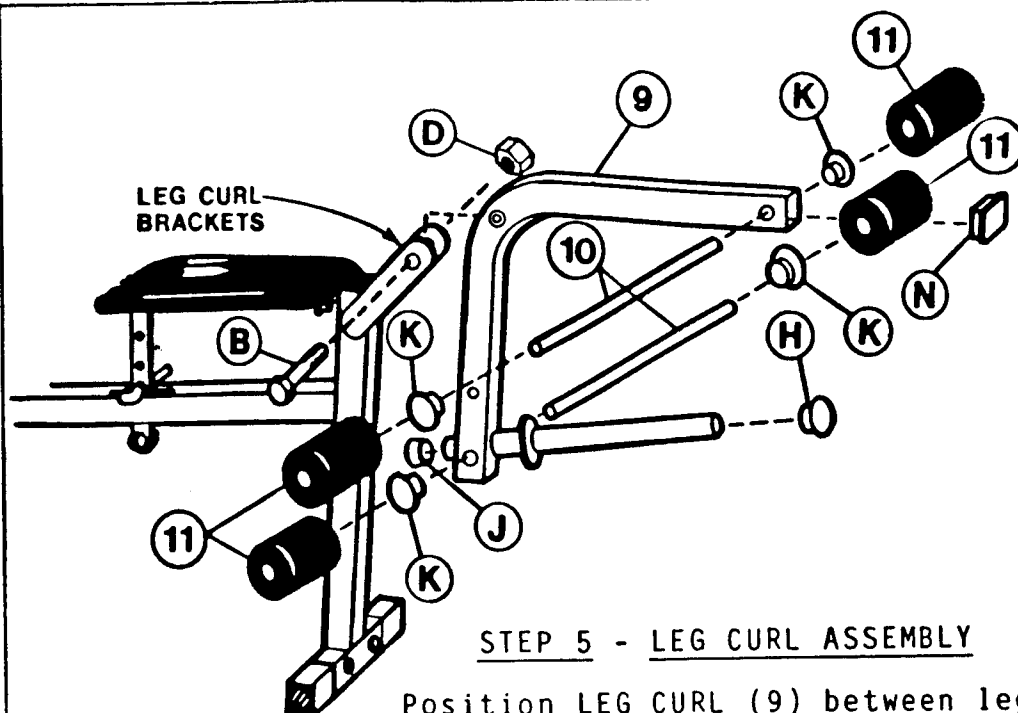
### STEP 3 - CONNECTING SEAT TO MAIN FRAME

To aid in this assembly, first slide BACKREST ADJUSTMENT BAR (13) into one of the hole patterns on UPRIGHTS (1). Turn BACKREST (4) and SEAT (5) assembly right side up and lower to MAIN FRAME (2). Slide the fastened SHORT ANGLE IRON (7) over the front pivot pin on the MAIN FRAME (2). Align the SEAT ADJUSTMENT T (8) with the proper slot on the main frame and lower through slot. Secure SEAT ADJUSTMENT T (8) by inserting 1 HEX HEAD BOLT (F) through bottom hole and secure with 1 LOCK NUT (E). EYELET PIN (P) is used in the remaining holes of the SEAT ADJUSTMENT T (8) to adjust the desired height of the seat.



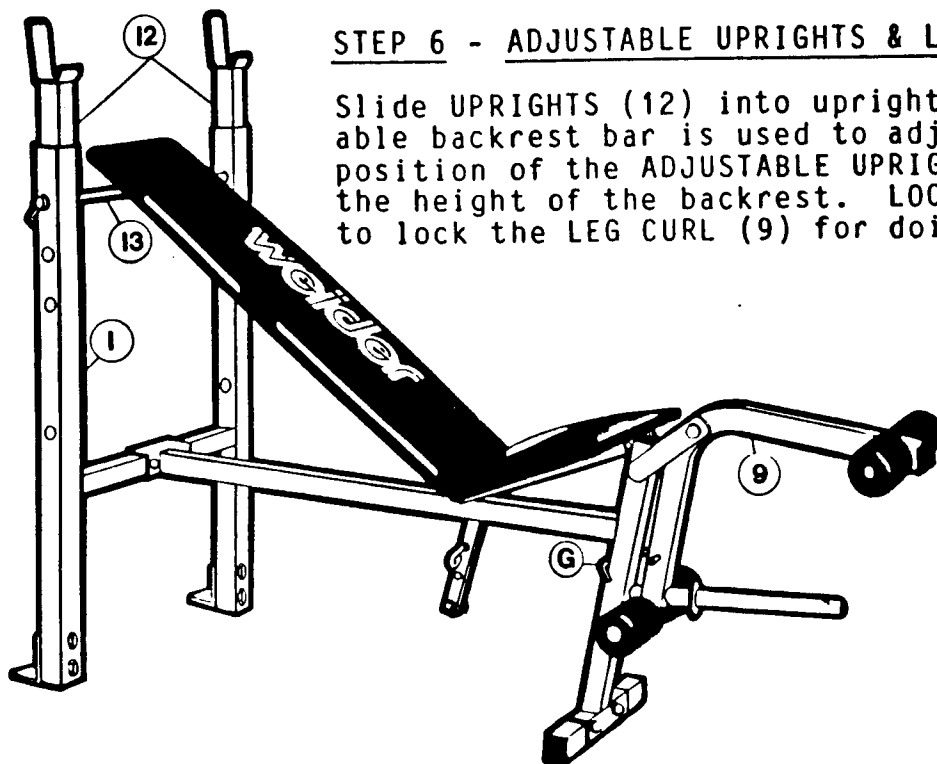
### STEP 4 - REPLACEMENT OF SHORT ANGLE IRON

To aid in this assembly PIVOT PIN (P) should be placed so that the highest possible position of the Seat is achieved. Slide SHORT ANGLE IRON (7) over pivot pin on SEAT ADJUSTMENT T (8) and front pivot pin on MAIN FRAME (2). Replace 2 MACHINE SCREWS (R) that were removed in Step 2.



#### STEP 5 - LEG CURL ASSEMBLY

Position LEG CURL (9) between leg curl brackets. Secure with HEX HEAD BOLT (B) and LOCK NUT (D). Do not over tighten. Repeat the following instructions until all leg curl parts are in place. First slide PAD BAR (10) through proper hole in LEG CURL (9) until equal amounts of bar are on both sides of LEG CURL (9). Slide on FOAM PAD (11) onto each end of PAD BAR (10). Insert PLASTIC CAP (K) into each end of PAD BAR (10). Insert SQUARE PLASTIC CAP (N) into end of LEG CURL (9). Insert ROUND PLASTIC CAP (H) into weight pin on LEG CURL (9). Place COVER CAP (J) over rear extended piece of weight pin.



#### STEP 6 - ADJUSTABLE UPRIGHTS & LOCKING PIN

Slide UPRIGHTS (12) into upright frame. The adjustable backrest bar is used to adjust not only the position of the ADJUSTABLE UPRIGHTS (12), but also the height of the backrest. LOCKING PIN (G) is used to lock the LEG CURL (9) for doing specific exercises.

# B160

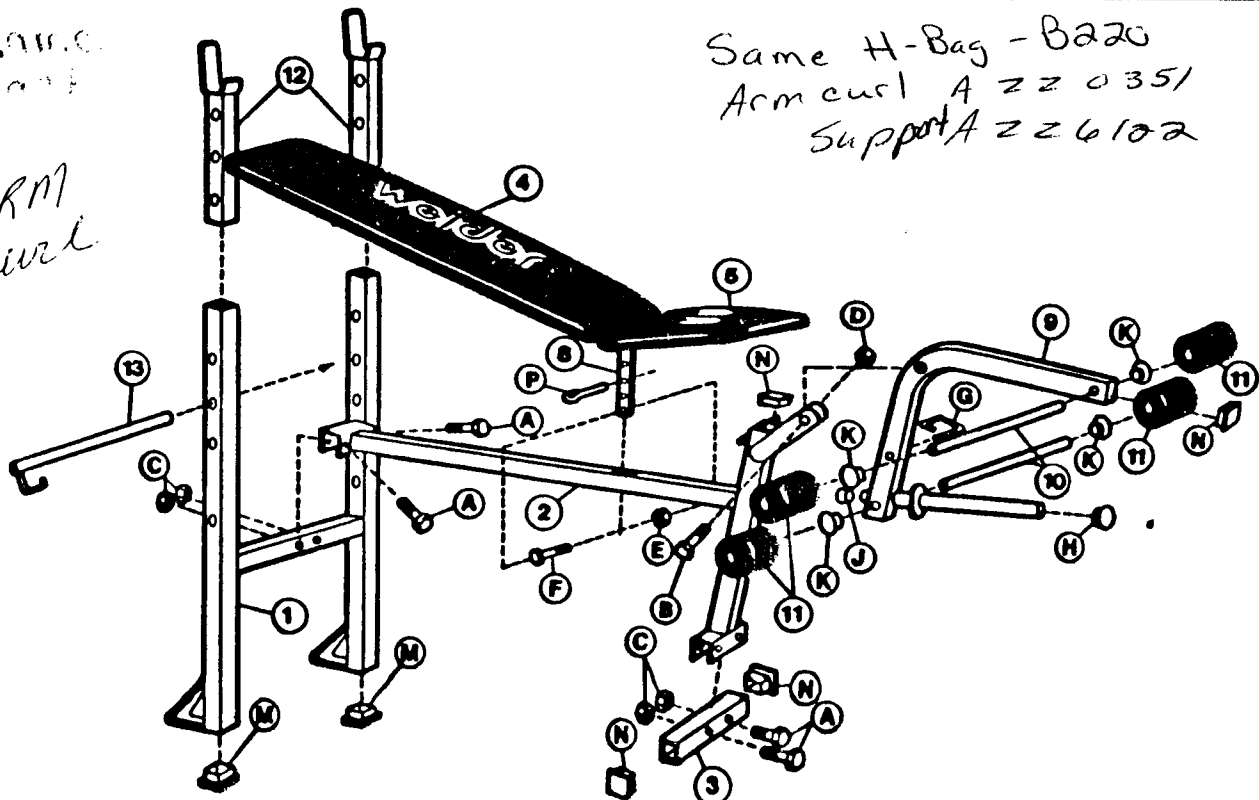
# PARTS LIST (SUPPLEMENTAL SHEET)

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NUMBER
1	UPRIGHT	1	CA22-0229
2	MAIN FRAME	1	CA22-0161
3	FRONT SUPPORT	1	CA22-0162
4	BACKREST	1	CA22-0341
5	SEAT	1	CA22-0342
6	LONG ANGLE IRON	2	CA22-6108
7	SHORT ANGLE IRON	2	CA22-6109
8	SEAT ADJ "T"	1	CA22-6111
9	LEG CURL	1	CA22-0163
10	PAD BAR	2	CA22-6110
11	FOAM PAD	4	CA01-0400 1/2 3410
12	ADJUSTABLE UPRIGHT	2	CA22-0230
13	BACKREST ADJ BAR	1	CA06-6054
	HARDWARE BAG	1	CA07-5780
a	5/16"-18 x 2 1/4" HEX HEAD BOLT	4	HH-5199
b	3/8"-16 x 2 1/2" HEX HEAD BOLT	1	HH-5018
c	5/16"-18 LOCK NUT	4	HH-5012
d	3/8"-16 LOCK NUT	1	HH-5013
e	1/4"-20 LOCK NUT	1	HH-5011
f	1/4"-20 x 3/4" HEX HEAD BOLT	1	HH-5032
g	LOCKING PIN	1	WW-7012
h	1" ROUND PLASTIC CAP	1	AA-8005
j	1" ROUND COVER CAP	1	AA-8070
k	3/4" ROUND PLASTIC CAP	4	AA-8004
m	2" SQUARE PLASTIC CAP	2	AA-8002
n	1 1/2" SQUARE PLASTIC CAP	4	AA-8001
p	EYELET PIN	1	WW-7005
r	1/4"-20 x 3/4" MACHINE SCREW	8	HH-5022
	UPRIGHT DECAL	2	DE-4041
	SUPPLEMENTAL SHEET	1	CNN-1043
	INSTRUCTION MANUAL	1	CNN-1022

FRAME  
BLANK

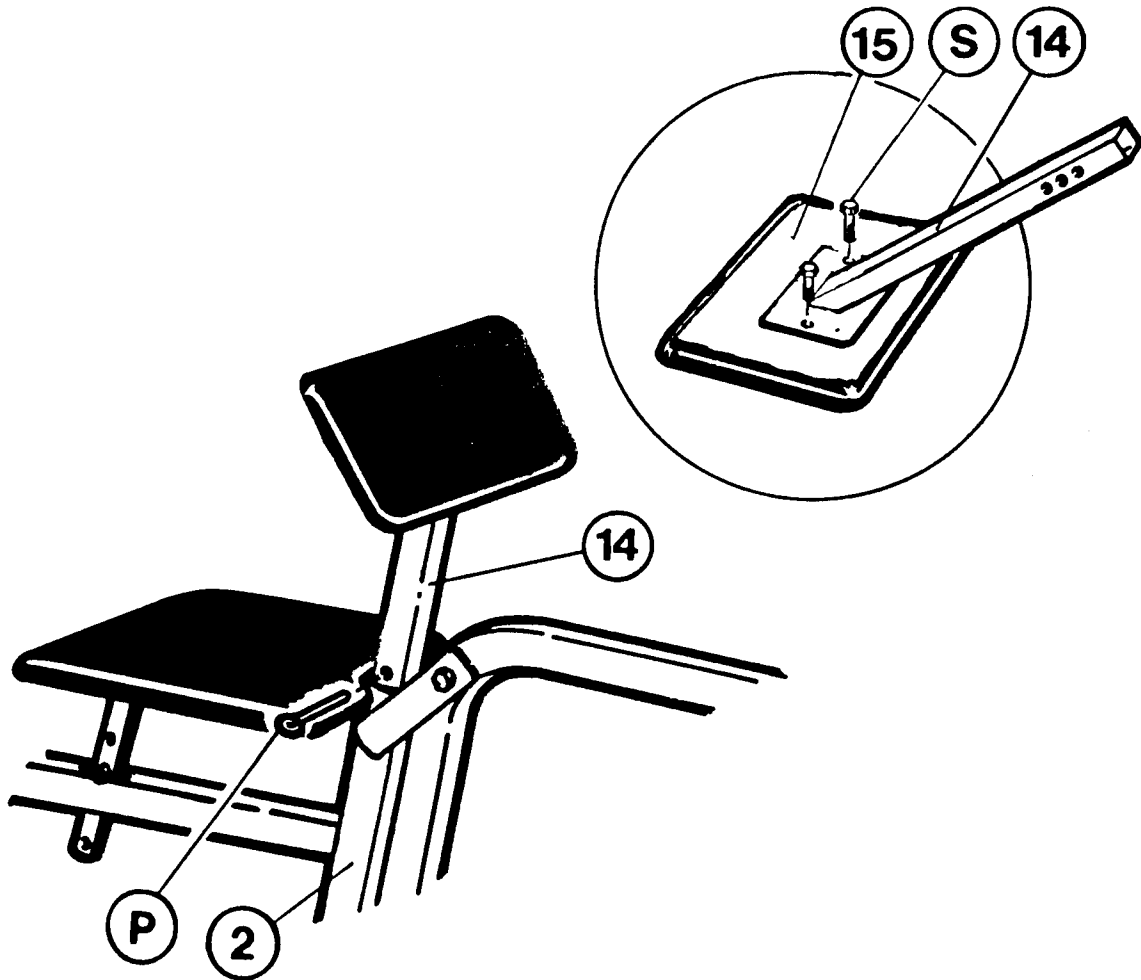
ARM  
CURL

Same H-Bag - B220  
Arm curl A 22 035/  
Support A 22 6102



Assemble PAD SUPPORT (14) to ARM CURL PAD (15) using HEX HEAD SCREWS (S) which are assembled into curl pad.

To use arm curl, remove PLASTIC CAP (N) from top of FRAME LEG (2) and insert PAD SUPPORT (14) into leg. The pad can be adjusted to desired height and height maintained by inserting EYELET PIN (P) thru appropriate hole and allowing it to rest on top of leg.



B160		ARM CURL	
DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NUMBER
14	PAD SUPPORT	1	A22-6122*
15	ARM CURL PAD	1	A22-0351
P	EYELET PIN	1	WW-7005